Vancouver metro

Your essential daily news | MONDAY, APRIL 24, 2017 | High 13°C/Low 8°C Cloudy with rain

Exercising while pregnant: Forget what you knew — just ask Serena
metroLIFE

Silas, a Vancouver chocolate lab, tried to eat a pizza 'booby trapped' with deliberately hidden sewing needles in Strathcona Park's off-leash dog area, according to owner and lawyer DJ Larkin. COURTESY DJ LARKIN

SPCA investigating pizzas 'booby-trapped' with sewing needles
metroNEWS

'UNFATHOMABLE'

FORT MCMURRAY: ONE YEAR LATER

FORT MAC STRONG

This week, Metro looks back at Canada's costliest disaster — and the people who are rebuilding

Plus: **More from Day 1**

- The city's long road to recovery: 'For some, it hasn't even started yet'
- What key lessons we've learned from the evacuation

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metro NEWS

Your essential daily news

French voters faced with stark choice between Macron, Le Pen. **World**

Malaria parasite can help treat cancer, UBC finds

MEDICINE

Protein works on variant of the disease that resists chemo

Wanyee Li
Metro | Vancouver

A malaria parasite may hold the key to treat bladder cancer in patients who only have a 50 per cent chance of responding positively to traditional chemotherapy treatments.

UBC researchers found the treatment, a combination of a malaria protein with a marine sponge toxin, was 80 per cent effective on mice. The other 20 per cent of mice died within 70 days from bladder cancer, a disease that kills more than 2,000 Canadians every year.

It's the latest development in the cancer research trend that has scientists looking for innovative treatment options.

"We can take a protein from one devastating disease and repurpose it to treat another devastating disease," said Mads Daugaard, UBC professor of urologic science.

His team found that a specific protein in the malaria parasite, VAR2CSA, was especially good at binding to the host's placenta. This results in 200,000 newborn deaths a year, but Daugaard thought he could take advantage of this characteristic because that same protein attaches itself to bladder cancer cells, too.

His team has turned the protein into a cancer-fighting weapon by combining it with hemiasterlin toxin, one of the most poisonous molecules in the world, found in sea sponges. The idea is the protein will carry the toxin to the bladder and kill the cancer.

"You could say we combined something from a sponge and a malaria parasite to develop a weapon against (chemotherapy)-resistant bladder cancer."

The current goal is to scale up production so the team can conduct clinical trials.

Daugaard says this treatment has the potential to save thousands of lives, because bladder cancer is the fifth most common cancer in Western countries and the current chemotherapy-surgery treatment only works on one out of every two patients. Those who don't respond to chemo face a grim five-year prognosis, according to Daugaard.

Daugaard says this malaria-inspired treatment could be available as early as 2020.

An Aedes Aegypti mosquito on human skin in a lab. Cancer researchers are looking outside of chemotherapy for innovative treatment options. LUIS ROBAYOLUIS ROBAYO/AFP/GETTY IMAGES

Mads Daugaard, professor of urologic science COURTESY UBC

> **We can take a protein from one devastating disease and repurpose it to treat another devastating disease.**
> Mads Daugaard

WILDLIFE

Cougars on tracks no threat

It appears SkyTrain tracks are useful not only for people but for cougars, too. Two cats were seen strolling along the track at 4:14 a.m. Friday, before the service started up for the day.

The two adult cougars wouldn't have been any danger to the public since the station (Port Moody Inlet Station) had not yet opened, said conservation officer Robin Sano.

"Its not like they were strolling through the SkyTrain platform when people were there," he said, noting cougars usually hunt during dawn and dusk. "Cougars are generally quite shy. They don't like a lot of noise."

The cougars were captured on TransLink's security cameras at the Evergreen Line station.

Conservation officers were not deployed to the scene, but Sano says the incident is not surprising given there are lots of deer in the area surrounding Port Moody.

He noted officers have received more cougar-sighting reports this year, but it's too early to know why. WANYEE LI/METRO

Security camera footage of cougars walking on the track. TRANSLINK/TWITTER

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Dog bait 'truly cruel'

PETS

Owner 'stunned' after finding needles in pizza at off-leash park

David P. Ball
Metro | Vancouver

The Society for the Prevention of Cruelty to Animals is investigating the case of at least two Vancouver dogs who ate pizza "booby-trapped" with a bundle of sewing needles, according to a prominent local lawyer.

DJ Larkin said she was so "stunned" on April 3 when she let her eight-year-old chocolate lab Silas run in the off-leash part of Strathcona Park — and he quickly began to eat something in a corner.

"I knew right away something wasn't right," Larkin, a lawyer with the anti-poverty non-profit Pivot Legal Society, told Metro in a phone interview. "I thought, 'Oh no, something is wrong.'

"I actually pulled the whole mess out of (his mouth) and made him throw up. What was in his mouth looked like a turkey neck sewn together, about three feet of thread stuck."

Larkin said the object looked like a piece of pizza rolled "like a pita" and sewn up with several needles and thread.

"It was very intentionally sewn together," she said. "You could see where they'd put sewing stitches into it. I can't see any possible way it's an accident. Silas will do anything for pizza; it was unfortunately perfect dog bait.

"There is no reason to do this, other than to injure or kill an animal in a way that's truly cruel. It's putting children, dogs and wildlife at risk."

Silas, a Vancouver chocolate lab, tried to eat a pizza 'booby trapped' with deliberately hidden sewing needles in Strathcona Park's off-leash dog area, according to owner and lawyer DJ Larkin. CONTRIBUTED/DJ LARKIN

> There is no reason to do this, other than to injure or kill an animal in a way that's truly cruel. It's putting children, dogs and wildlife at risk. DJ Larkin

Larkin said she was too shocked to take a photo or report the incident at the time, assuming it was an isolated act of cruelty. Then on Friday, a friend sent her a Facebook post from a local dog-care business about the exact same scenario on April 18.

"I had a client come in and tell me an incident her dog had at Strathcona Park," Ball and Biscuit Pet Boutique wrote on its Facebook page.

"Her dog found and swallowed a piece of pizza that was lying around the field, and when the owner went to retrieve it from her dog's mouth, she found that within the pizza was a bunch of sewing NEEDLES and bunched up string!!!

"Someone had maliciously wrapped the needles and string in pizza to harm dogs! The dog is fine now but she had to get a laparoscopic removal of one of the needles stuck in her trachea!"

When Larkin saw that, she immediately phoned the City of Vancouver's 311 line, which forwarded her to the Vancouver Police Department.

She soon received a call from an SPCA officer on Friday, and again on Sunday, saying the animal-welfare enforcement agency was investigating and had inspected the Strathcona Park off-leash area.

"It seems so unfathomable that it actually happened," Larkin said. "The SPCA are investigating it.

"They'd like if anyone else has had this experience to contact them. They've gone to the park to check what's in the area now.... I just hope other dog owners will be cautious."

CHILDREN'S SPORTS

City gets accessible baseball field

Vancouver now has its first baseball diamond especially designed for kids with disabilities, including those in wheelchairs.

The city's park board announced the new field's opening on Saturday. Located in Hillcrest Park, Challenger Baseball Field is reportedly the first of its kind in Western Canada.

"Children with cognitive or physical disabilities can now enjoy the thrill of playing baseball in an adaptive facility, be part of a team and develop physical and social skills," said Vancouver Park Board chair Michael Wiebe in a press release.

According to the park board, the synthetic-turf field "mimics the design" of a typical little-league field, which ensures that it's appropriate for children with disabilities and cognitive challenges.

"There are no raised obstacles such as found on a typical baseball field," the park board noted; instead bases are embedded in the surface. The dugout is larger than usual for mobility devises, and the distance between pitcher and home plate is slightly shorter than usual.

"Games are played in a fun, safe environment where no score is kept," the city stated. "Every child is paired with a volunteer who assists the child as needed."

The field cost $450,000 and was funded by the Variety children's charity, the Vancouver Canadians Baseball Foundation and Jays Care Foundation.

The city and park board contributed as well, as part of the municipal Emerging Priorities Fund.

DAVID P. BALL/METRO

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A mural depicting Vancouver's ongoing opioid crisis by artist Smokey D in an alley off Hastings Street in the Downtown Eastside on March 2. JENNIFER GAUTHIER/METRO FILE

Psychedelics to treat addiction

OPIOID CRISIS

Canada can be on cutting edge once again, say researchers

Matt Kieltyka
Metro | Edmonton

The use of psychedelic drugs for therapy pretty much ended in Canada in the 1960s, but British Columbia researchers want to bring the far-out treatment back in the midst of the province's fentanyl-fuelled overdose crisis.

The B.C. Centre on Substance Use (BCCSU) — set up by the provincial government in response to the public health emergency — announced Friday it is seeking funding to begin clinical trials studying the use of psychedelics as a treatment option for addictions.

BCCSU director Dr. Kenneth Tupper said Canada was once a world leader in the field of psychedelics until street use of drugs like LSD became a problem in the '60s and government made them illegal even in clinical settings.

"Research was shut down for several decades," said Tupper, currently attending the international Psychedelic Science 2017 conference in Oakland, Calif. "But in the last decade, really the last five years, there's been a wave of new studies in other parts of the world. The BCCSU would like to get Canada back in the cutting edge of medicine."

The latest studies on psychedelic-assisted therapies have been promising, according to Tupper.

The U.S.'s John Hopkins School of Medicine ran a pilot program using psychedelic-assisted therapy for people with tobacco dependency and had an 80 per cent success rate treating the addiction after six months.

> **It's crucial to look for new tools in the toolbox.**
> Dr. Kenneth Tupper

Other studies have found the approach to be effective at treating people with alcohol addiction.

"We certainly have addictions to various types of substances here like alcohol and tobacco and, obviously, we have the opioid overdose crisis," said Tupper. "It's crucial to look for new tools in the toolbox."

The BCCSU wants to see how psilocybin and other hallucinogens can be used to treat addictions in B.C.

Tupper says using the drugs — "pharmacologically pure substances; we're not talking about street use" — in a carefully supervised and controlled therapy session has shown a "correlation between a mystical or spiritual-type experiences and healing outcomes."

Although researchers will be working with controlled substances, Tupper doesn't expect much opposition from Health Canada.

"Vancouver was the site of MDMA-assisted treatment for post-traumatic stress disorder a couple years ago, so we know that it is possible," he said.

"I think the environment is such that we'll be able to go through the appropriate regulatory structures and get approval for doing this kind of research. It's happening in other countries such as the United States, Switzerland, Spain and the United Kingdom, so we don't feel like that's a huge obstacle."

The trials would be privately funded through grant agencies and donors should they proceed, Tupper said.

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Rebuilding out of the ashes

WILDFIRE

For this family, not returning to Fort Mac was never an option

Alex Boyd
Metro | Edmonton

Rodney and Gail Hanifan lost everything in the wildfires of Fort McMurray, Alta. But they count themselves among the lucky ones. ALEX BOYD/METRO

Sitting in the parking lot of an Edmonton Walmart, her family's home in flames 400 kilometres away down a jammed highway, it all caught up with Gail Hanifan.

Her sister went in to grab supplies, but Gail was frozen.

"I just said, 'What am I going to get?'" she recalled, before pausing, her voice quiet.

"I knew in my heart that we had nothing."

So began the Hanifan's journey towards rebuilding their life in Fort McMurray.

It's been almost a year since a runaway wildfire changed course and smashed into the northern Alberta city, forcing the rushed evacuation of almost 90,000 people and causing more damage than any other disaster in Canadian history.

While stories abound of people choosing not to go back, the Hanifan family remains committed to the town they say is unlike anywhere else.

Originally from New Brunswick, Gail and her husband Rodney first moved west for the jobs almost 20 years ago. They went back east once, but returned for good because of what they say is an unusually hardworking, family-oriented community.

"I have so much love for this place, it changed my life like no other," Gail said, recounting the events of last May from their new rental home in the city they were once forced to flee.

Their two kids, aged 15 and 12, were born in Fort McMurray, and she credits the boomtown with making them a family.

Waiting out the evacuation first in an Edmonton hotel, then in a borrowed camper, Rodney says they never talked about whether or not they'd come back. It was just a fact. They say they are among the lucky ones. Their kids were safe, and they were able to grab their two small dogs before running out the door.

But they lost almost everything in their house.

Gail's hunch that it was all gone was confirmed when a pilot friend snapped pictures of where their house once stood in the Waterways neighbourhood. The only things visible were iron skeletons of their cars sticking out of a pile of ash.

After a month the family could head back north, but undamaged rental properties were few and far between.

Though they're now looking to buy a house, they found a rental in the meantime and got to work replacing what they could.

But the irreplaceable things — their wedding video, the letter Gail wrote for her daughter when she was a baby, or the video diary she made for her son — are gone.

"Those things I grieved the most for," she said.

Luck has given them a hand, though.

When they were first married Rodney bought a painting for Gail, of a view of the beach, looking out a window.

It was one of the lost things that made her sad, so one day she did a quick Kijiji search — and an identical print popped up. She tracked down the seller, and now it hangs in their kitchen.

"There's not many days that you don't think about what happened, but it doesn't rule your life, it doesn't shape who you are," Rodney said.

He tires of the negative stereotypes of Fort McMurray, that it's just a soulless industry town, and says they're dedicated to rebuilding the place they know, the one that made them a family. One of the first steps: marking almost one year since the fires broke out by hosting 20 friends for an Easter feast.

"We've had bigger events here than the fire."

Dam expensive.

Site C Dam

Site C is projected to cost $8.8 billion, a massive public debt that will take taxpayers and ratepayers 70 years to pay off. BC Hydro is already planning to raise rates 28% over the next five years; Site C costs will be added to that once the dam is operational.

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Gerald Wong is the owner of an electronics store in downtown Fort McMurray. He says the city has a lot to do still to return to the way things were before the fire. ALEX BOYD/METRO

Still 'a long way to go' for Fort Mac

RECOVERY

A year later it's still half-built houses and empty lots

Alex Boyd
Metro | Edmonton

The day Gerald Wong came back to Fort McMurray, it was so quiet he could stand in the middle of the city's main drag, without so much as a truck passing by.

The owner of a downtown electronics store, he'd been allowed back before official re-entry in order to get his shop up and running.

But even since his hometown reopened its doors to all, it's still not the way it was before the fire.

"A lot of people haven't come back, and some people won't ever come back," he said.

A swath of charred forest is visible from his store windows, showing just how close downtown came to destruction. But whereas the central part of the city has begun returning to business as normal, the hardest hit areas are still struggling.

Rachel Ondang counts Fort Mac's recovery in wait times.

There's less traffic, errands take less time and you don't have to make reservations at restaurants.

"There aren't big lineups. Even the car wash is slow," said Ondang, who until recently worked distributing donations to fire evacuees.

Part of the problem, she said, is the double hit of the economic downturn coming as rebuild costs mount.

"The city has a much lower amount of work than it has in a very, very long time, and there are a lot of people on EI or don't have a lot of income coming in and are really struggling," she said.

According to a Conference Board of Canada report from November, the fire is expected to cost insurers and governments more than $5 billion. However, the rebuild effort could add as many 9,000 jobs next year.

About 2,000 structures were damaged or destroyed during the fire, but construction hasn't begun on rebuilding many of those.

In Waterways, a riverside community almost entirely wiped out, the city is now concerned about the stability of the ground in some areas now that the trees have burned away.

The neighbourhood of Abasand, up a gentle slope west of downtown, saw half of its houses wiped out.

A year later it's still mostly half-built houses and empty lots as residents report struggles with insurers. Some have given up, putting the land up for sale instead.

National attention on Fort McMurray may have faded, but for many, Wong said, the fallout from fire is still being felt.

"There's a long way to go," he said, "For some, it hasn't even started yet."

DETAILS

- **8 per cent** of private dwellings were destroyed in Fort McMurray
- **The amount of land burned** by the fire was 5,890 square kilometres, the size of P.E.I.
- **The amount of insured losses is $3.7 billion.** It's the most expensive disaster in Canadian history.

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French voters now facing stark choice

FRANCE

United Europe at stake in the runoff between Macron, Le Pen

Centrist Emmanuel Macron and far-right populist Marine Le Pen advanced Sunday to a runoff in France's presidential election, remaking the country's political landscape and setting up a showdown over its participation in the European Union.

French politicians on the left and right immediately urged voters to block Le Pen's path to power in the May 7 runoff, saying her virulently nationalist anti-EU and anti-immigration politics would spell disaster for France.

The selection of Le Pen and Macron presented voters with the starkest possible choice between two diametrically opposed visions of the EU's future and France's place in it. It set up a battle between Macron's optimistic vision of a tolerant France — and a united Europe with open borders — against Le Pen's darker, inward-looking platform that called for closed borders, tougher security, less immigration and dropping the shared euro currency to return to the French franc.

With Le Pen wanting France to leave the EU and Macron wanting even closer co-operation between the bloc's 28 nations, Sunday's outcome meant the May 7 runoff will have undertones of a referendum on France's EU membership.

The absence in the runoff of candidates from either the mainstream left Socialists or the right-wing Republicans party - the two main groups that have governed post-war France - also marked a seismic shift in French politics. Macron, a 39-year-old investment banker, made the runoff on the back of a grassroots campaign without the support of a major political party.

With 50 per cent of the vote counted, the Interior Ministry said Sunday night that Le Pen had 24 per cent of the vote, Macron had 22 per cent, Fillon had 20 per cent and far-right Jean-Luc Melenchon had 18 per cent.

Melenchon refused to cede defeat. In a defiant speech to supporters, he said he would continue to await the results from France's cities. The early vote count includes primarily rural constituencies that lean to the right. THE ASSOCIATED PRESS

French centrist presidential candidate Emmanuel Macron addresses his supporters in Paris on Sunday. THE ASSOCIATED PRESS

100 days of President Trump

For nearly 100 days, U.S. President Donald Trump has rattled Washington and been chastened by its institutions.

He's startled world leaders with his unpredictability and tough talk, but won their praise for a surprise strike on Syria.

He's endured the steady drip of investigations and a seemingly endless churn of public personnel drama.

"It's a different kind of a presidency," Trump said in hourlong an Oval Office interview as he approached Saturday's key presidential benchmark.

Trump, who campaigned on a promise of instant disruption, indirectly acknowledged that change doesn't come quickly to Washington. He showed signs that he feels the weight of the office, discussing the "heart" required to do the job. Although he retained his signature bravado and a salesman's confidence in his upward trajectory, he displayed an awareness that many of his own lofty expectations for his first 100 days in office have not been met.

"It's an artificial barrier. It's not very meaningful," he said.

Trump waffled on whether he should be held accountable for the 100-day plan he outlined with great fanfare in his campaign's closing days, suggesting his "Contract with the American Voter" wasn't really his idea to begin with.

"Somebody put out the concept of a 100-day plan," he said.

One hundred days are just a fraction of a president's tenure, and no president has quite matched the achievements of Franklin D. Roosevelt, who set the standard by which all are now judged. THE ASSOCIATED PRESS

President Donald Trump poses for a portrait in the Oval Office in Washington on Friday. ANDREW HARNIK/THE ASSOCIATED PRESS

IN BRIEF

North Korea detains an American citizen

North Korea has detained a U.S. citizen, officials said Sunday, bringing to three the number of Americans now being held there.

Tony Kim, 58, who also goes by his Korean name Kim Sang-duk, was detained on Saturday as he was trying to leave the country with his wife from Pyongyang's international airport on a flight to China.

The Swedish Embassy in Pyongyang said it was aware of a Korean-American citizen being detained recently, but could not comment further. The embassy looks after consular affairs for the United States in North Korea because the two countries do not have diplomatic relations.

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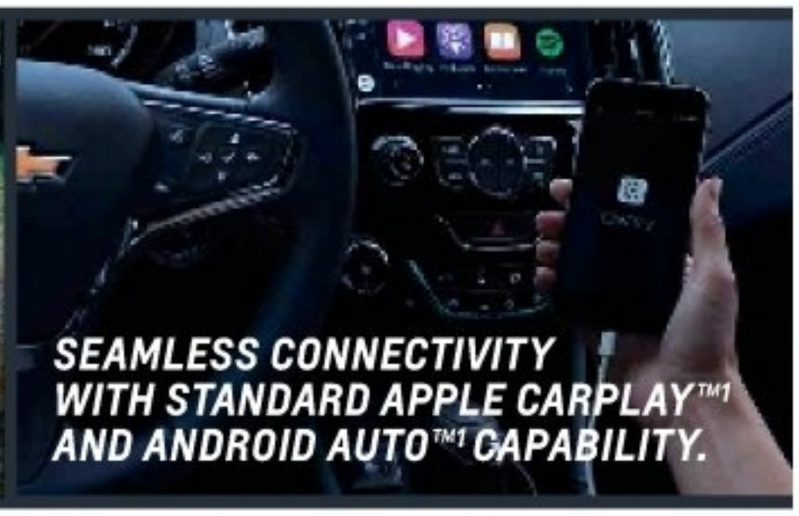

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metro VIEWS

PHILOSOPHER CAT by Jason Logan

URBAN ETIQUETTE ELLEN VANSTONE

THE QUESTION

Is it rude to turn down panhandlers?

Dear Ellen,

Every time I got to the liquor store, there is someone out front begging for money. If a have a loonie or toonie in my pocket, I might give it to them. But usually I'm in a hurry, or I don't have cash, or I resent the fact that one regular beggar is better dressed than me. Either way I feel irritated when I give and guilty if I don't. Is there a rule of etiquette I can follow, so I don't have to think about this every time?

T.K., Toronto

Dear T.K.,

As with all proper etiquette, the rule is to treat fellow human beings with respect.

Though this particular topic may be more of an ethics question than an etiquette one, the two areas overlap, and I don't agree with most of the ethics "experts" pontificating online, so I'll weigh in.

It's not wrong, etiquette-wise, to refrain from giving money to beggars. It's your choice, you have your reasons, and it's no one else's business. I do think it's unethical to be a hypocrite about it.

I also wonder if we go to the same liquor store. Does your well-dressed guy wear newish-looking jeans and a leather jacket? I never give him money. Then there's the older woman who's clearly down and out, and doesn't seem to be fully compos mentis. Her I give to, because she seems the neediest, and the least likely to know how to take advantage of government and charitable services — which "experts" say is where you should donate money. Their reasoning is that if you give money to beggars, they'll probably just spend it on drugs or booze instead of buying something sensible that will help them get a job and a home.

That's pretty rich — coming out of the liquor store and denying an impoverished person the chance to also have a drink. It's also blatantly ridiculous — do these so-called experts really think the few bucks a panhandler might collect each day is going to pay for rent, or job training, or clothes and grooming for an interview, or a cellphone so they can Google-map the nearest psychiatric hospital?

I don't usually agree with the guy who runs a multibillion-dollar organization that openly discriminates against women. But I agreed with Pope Francis when, as recently reported in The New York Times, he was asked about giving money to people who might spend it on wine, and answered: If "a glass of wine is the only happiness he has in life, that's OK. Instead, ask yourself, what do you do on the sly? What 'happiness' do you seek in secret?"

So next time you're stocking up and someone asks for spare change, look them in the eye and politely say no, or give them a smile and a greeting if you do give. Sometimes that brief interaction can be as valuable to them as the cash.

Need advice?
Email Ellen:
askellen@metronews.ca

Dispelling the myth of the party girl

Vicky Mochama
Metro | Toronto

Party. Girl. Two excellent words signifying excellent things. But together they twist into a stereotype that endangers women.

You would think the definition is a young woman who enjoys fun. But Urban Dictionary, that bastion of social enlightenment, gives a more telling definition: "A girl who will party hard anywhere, even if the party is s— she will get down and get naked."

That is the first definition offered; the second is even more derogatory.

(The Urban Dictionary may be crowd-sourced, but it is miles ahead of the Big Three — the OED, Merriam-Webster and dictionary.com — which do not have as exhaustive an entry for "lit" as they should.)

In that definition, a party girl isn't simply a woman who likes parties. She is a woman who likes having sex. Pass the smelling salts. Not only that, she's willing to have sex with anyone.

Women risk being labelled "whores" simply by appearing to having fun. For racialized women, our very bodies are hyper-sexualized; our hips apparently gave consent.

Decades of activism by feminists, as well as a body of jurisprudence, have championed the notion that compromised consent is, in fact, not consent at all. Yet in 2017, a judge bought into the cultural idea that a woman has, by having fun, consented to sex.

In the trial of the Halifax taxi driver who was found not guilty last month of sexually assaulting a passenger, defence lawyer Luke Craggs leaned on the stereotype, saying the complainant became a different "type of person" when drunk.

The theory found a welcoming home in the mind of the judge who delivered the verdict. But in a draft paper for the Canadian Bar Review, Dalhousie law professor Elaine Craig calls bull.

"It is difficult not to question whether Judge Lenehan's speculation, implausible conclusions and legally incorrect reasoning were informed by the stereotype that unchaste women, or promiscuous party girls, will consent to sex with anyone," Craig writes, according to The Canadian Press.

If you saw me in Kingston, Ont., in October six years ago, I was probably several drinks in and having a great time in a truly tiny dress. Chances are you would have thought I was a party girl.

You might not have thought I was a student making friends and relaxing during a Model United Nations weekend.

The party girl image has nothing to do with the woman. It validates those who don't respect consent. It limits women's choices about their sexuality and then penalizes them for those choices.

And it has everything to do with denying women their autonomy.

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metro LIFE

Your essential daily news

Erin Moran, former child star on Happy Days, has died at age 56

Exercise for pregnant women

HEALTH

'Misguided' notions are contributing to obesity: Study

When Ericka York found out she was expecting her first child, she knew she wanted to stay active but didn't feel safe sticking to her usual routine.

"I didn't feel like I had enough knowledge to keep doing the workouts I was doing," said the Toronto resident, who used to play soccer once a week and take about 10 fitness classes a month.

So she signed up for prenatal yoga and Belly Bootcamp, and has discovered that few women in her classes are pregnant for the first time. Some of the second-time moms-to-be have told her they were too scared to enrol during their first pregnancy, but in hindsight wish they hadn't felt that way.

In fact, a trio of doctors affiliated with Spanish and American universities say few pregnant women are getting enough exercise. In a jointly-written opinion piece published in the Journal of the American Medical Association last month, they wrote that "misguided" notions that pregnant women need to eat more while doing less exercise are contributing to world obesity.

Women who gain and keep excessive weight during pregnancy (Canadian guidelines identify healthy weight gains based on each women's Body Mass Index before pregnancy) can pass it along to their newborn babies. Those who remain active experience fewer aches and pains and are less likely to need a Caesarean or experience poor bladder control, the doctors write.

The same article suggests not knowing how much and what kind of exercise pregnant women should be doing is in part to blame for why so few expecting mothers do not get as much exercise as they should.

And while Canadian guidelines encourage women to exercise while pregnant, this push comes with a list of precautions: watch your heart rate, don't get competitive, mind your balance and don't lose your breath.

"Most recently we've been making the argument that being sedentary is actually much more risky to your pregnancy than being active," said Gregory Davies, chair of maternal-fetal medicine at Queen's University who helped write those guidelines.

Davies said many decades ago, when everyday life was substantially more physically demanding than it is now, the idea that women should take it easy during pregnancies was probably more sound. "But fast forward to 2017 when people are living super sedentary lives, that advice is no longer valid. But it's still in our culture that pregnant women need to slow down."

Research on the topic has been slow. Early fears that working out while pregnant could hurt a growing fetus have led to today's limited available data to push evidence-based exercise guidelines forward, Davies said.

Considering the high levels of obesity in the population, he added, many women should probably be more active than they already are to prepare for a healthy pregnancy.

"I'm a firm believer that almost all types of exercise are safe in pregnancy. Just don't overdo it. I don't think the patient needs to be worried about having things being too much more prescriptive than that."

Jennifer Blake, CEO of the Society of Obstetricians and Gynecologists of Canada, said the nationwide message on exercising while pregnant has been consistent for years: it's good for you, do it. "But you also want to make sure you are not going to be in a situation where people are asking you to do things that may not be safe for you or for your pregnancy," she says.

It's important for both women and their fitness instructors to be well-informed. In Canada, a checklist is available online to help determine what type of exercise is safe for each expecting mother. TORSTAR NEWS SERVICE

WAYS TO KEEP FIT

Walking
Getting off the subway a few stops early, taking a more gratuitous wander through the grocery store, or if driving, avoiding those mom and baby spots close to the building and parking far away.

Fitness Classes and Activities
Canadian guidelines say pregnant women should watch out for activities that might hold risk of losing balance or that are competitive (ice hockey, gymnastics, horseback riding, scuba diving, and cycling are singled out as being risky). Swimming, cross-country skiing, water aerobics or riding a stationary bike are considered safer.

Yoga and Pilates
The JAMA opinion article points out that even though yoga and Pilates are often recommended to pregnant women by doctors, clinical trials have yet to demonstrate that either is beneficial for moms-to-be.

When Ericka York (right) found out she was pregnant, she signed up for Belly Bootcamp. Last month a trio of doctors wrote in a medical journal that exercise is important for pregnancy health. Some point to Serena Williams (inset) as a positive example — she was nearly two months pregnant when she won the Australian Open in January. TORSTAR NEWS SERVICE/GETTY

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JOHANNA SCHNELLER WHAT I'M WATCHING

She may be a brat, but she's human

THE SHOW: Girlboss S1, E1 (Netflix)
THE MOMENT: The sandwich

Netflix's new Girlboss appears to have a famiiar formula. ISTOCK

Sophia (Britt Robertson) – based on the real-life clothing entrepreneur, Nasty Gal founder Sophia Amoruso – is working in a shoe store. Or rather, not working. "Was that a personal call?" her boss Carol asks. "Are you surfing the web?"

"It was. I am," Sophia says defiantly.

"I don't know where to begin," Carol says.

"If you need to some time to put your thoughts in order, we could put a pin in this," Sophia says. She plops into her chair and bites a sandwich.

Carol: "Is that my sandwich?"

Sophia pretends she didn't know, then admits she did. "Now isn't this the part where we move on?" she asks.

"This is the problem with you, you don't know your place," Carol sputters.

"I'm not about to die of malnutrition," Sophia snaps. "What do you care, you don't own the place. You're just middle management on some power trip."

"You're fired," Carol says.

"What?" Sophia asks. "Why?"

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As surely as spring follows winter, it's followed by a scene that restores the heroine's humanity – in this case, Sophia calls her best friend, and we watch as she moves from self-righteous to self-aware. "Oh, Annie," she concludes, eyes filling with tears, "why am I such an a—hole?"

And bingo, you're either in or out.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

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metro SPORTS

OKC guard Russell Westbrook had a triple-double by halftime, but the Thunder still lost 113-109 to the Houston Rockets and trail 3-1 in the series

IN BRIEF

Caps break Leafs in OT to set up matchup vs. Pens

Marcus Johansson stuffed his second goal of the game past Frederik Andersen 6:31 into overtime as the Washington Capitals edged the Toronto Maple Leafs 2-1 in Game 6 on Sunday night, winning the series 4-2 with five of the six games decided in extra time.

Washington will face the Pittsburgh Penguins in the second round.

THE CANADIAN PRESS

Kings find new head coach from within staff

The Los Angeles Kings have promoted associate head coach John Stevens to become their next head coach. Kings spokesman Mike Altieri said the team will introduce Stevens at a news conference Monday.

Stevens replaces Darryl Sutter after serving as an assistant to two Kings head coaches over the past eight seasons.

THE ASSOCIATED PRESS

Stroman goes the distance in Jays' victory

Marcus Stroman pitched a seven-hitter and Devon Travis hit a go-ahead, two-run homer during a four-run eighth inning in the Toronto Blue Jays' 6-2 victory over the Los Angeles Angels on Sunday.

Stroman (2-2) survived a rocky ninth by inducing a game-ending double play in his third career complete game — and his second in 12 days. THE ASSOCIATED PRESS

Big Mac devours B's

2017 NHL PLAYOFFS

OTTAWA WINS SERIES 4-2

Sens' comeback star kills off East quarter-final with OT goal

Senators left-winger Clarke MacArthur and Bruins centre Patrice Bergeron race for the puck on Sunday. MacArthur later scored the series-clinching goal in overtime. MADDIE MEYER/GETTY IMAGES

It wasn't long ago that Clarke MacArthur was contemplating retirement. His decision to stick around for a playoff push paid off in a big way.

MacArthur, who missed all but the last four regular-season games after suffering a concussion in training camp, scored the winner on a power play 6:30 into overtime Sunday as the Ottawa Senators beat the Boston Bruins 3-2 to win their Eastern Conference quarter-final series in six games.

The 32-year-old MacArthur sat out 156 regular-season games in total over the two seasons because of multiple concussions and had moved to Florida to prepare for retirement.

"There's nothing like living in the NHL and living in these playoffs," MacArthur said. "(Retirement is) something everyone's going to have to deal with one day, but I want to stretch it out as long as I can obviously."

After a 3-2 double-overtime loss to the Bruins in Game 5 on Friday, the Senators weren't facing a must-win game — but MacArthur made sure the series ended in six anyway.

MacArthur's goal, his second of the post-season, followed

GAME 6 In Boston

3	2

a holding penalty to Boston right-winger David Pastrnak. MacArthur scored on the rebound of Bobby Ryan's shot 36 seconds into the power play.

Ryan and Kyle Turris also scored for the Senators and Craig Anderson made 28 saves.

It was the fourth overtime game of the series. Every game was decided by one goal.

Ottawa will face the New York Rangers in the conference semifinals. New York beat Montreal 3-1 on Saturday to win its quarter-final series in six games. The Senators won two of three regular-season meetings against the Rangers this year.

"We're going to use this (off) time well and we're going to prepare to play New York here in the second round, and we've got to keep pushing forward," said defenceman Erik Karlsson, who admitted after the game that he played the entire series with two hairline fractures in his left heel.

"I feel like we have a strong group, we have a deep group."

Drew Stafford and Patrice Bergeron scored for Boston. Tuukka Rask had 26 stops.

THE CANADIAN PRESS

NBA PLAYOFFS

LeBron and Cavs sweep Pacers

LeBron James stuck to the old script Sunday.

Again, he bailed out the Cleveland Cavaliers. And again, he sent the Indiana Pacers home for vacation.

On yet another milestone day for basketball's king, James' crowning achievement was making the go-ahead three-pointer with 1:08 to play and helping the defending champions hold on for a series-clinching 106-102 victory at Indiana.

GAME 4 In Indianapolis

106	102
CAVALIERS	PACERS

The four-time MVP finished with 33 points, 10 rebounds, four assists, four steals and two blocks.

By winning his 21st consecutive first-round game, James broke a tie with Michael Cooper, Magic Johnson and James Worthy for the longest streak under the NBA's current playoff format. By sweeping a series for the 10th time, James broke a tie with Tim Duncan for the most in a career, according to Elias Sports Bureau. By going 13 of 25 from the field, he pulled into a tie with Kobe Bryant for the fourth highest post-season field goal total with 2,014.

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PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This smoothie was on our rotation in the fall and I recently resurrected it. I swear you can't taste the kale. No, seriously.

Ready in 3 minutes
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Serves 2

Ingredients
- 1 cup almond milk
- 1 tsp honey
- 1 cup organic frozen blueberries
- 1 cup frozen chopped kale
- 1 banana, peeled
- 1 Tbsp Greek-style yogurt

Directions
1. Place the almond milk, honey, blueberries, kale, banana and yogurt in a blender and whiz until smooth

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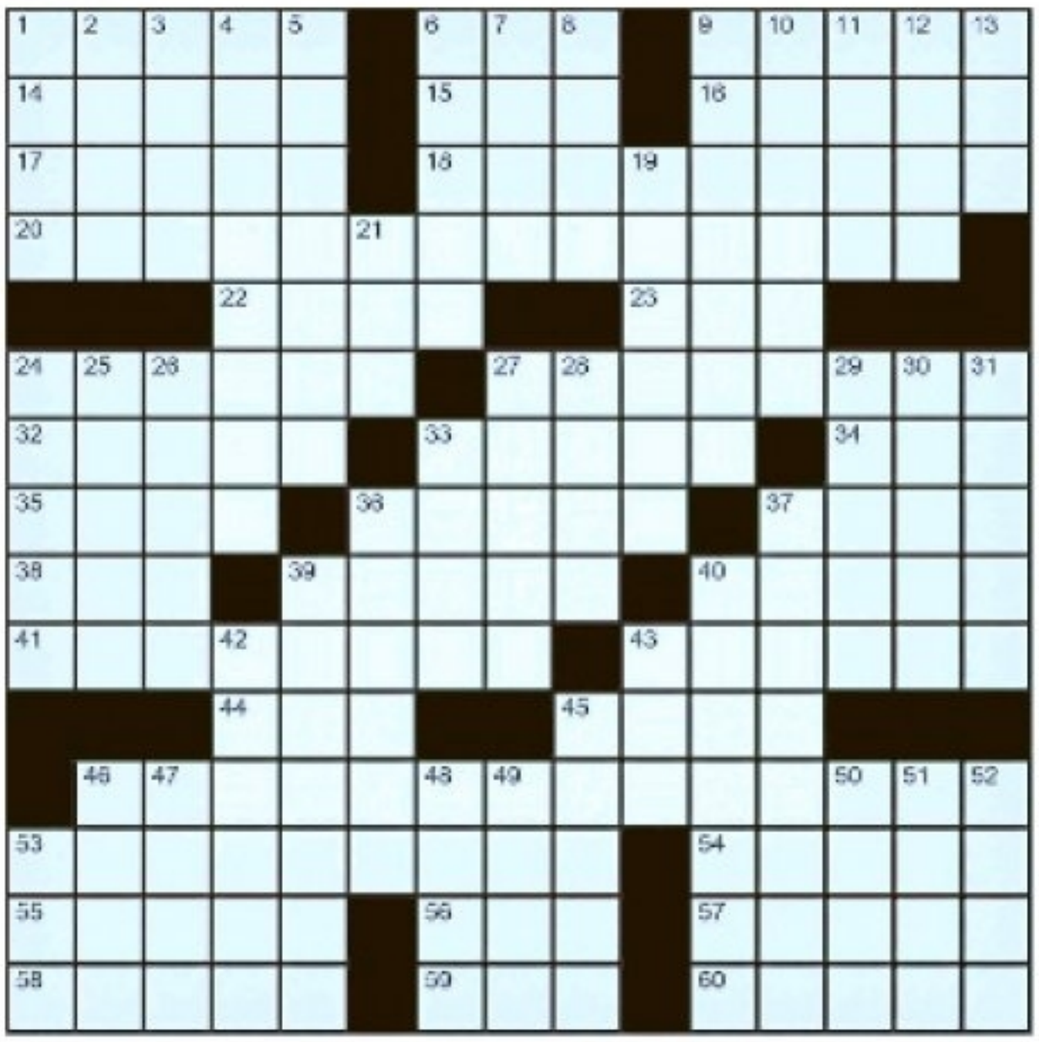
BY KELLY ANN BUCHANAN



ACROSS
1. Leaky ink shapes
6. Acquire
9. Romantic fabric
14. Make the embankment stronger
15. "Go!!!"
16. Cohesiveness
17. Dodge
18. (514) and (403): 2 wds.
20. University in Waterloo named after a Prime Minister: 2 wds.
22. Aggravate
23. Michael, to Kirk
24. Repel/dismay
27. Donna Summer hit: 2 wds.
32. Find fault
33. Contradict
34. Irish coronation stone, _ Fail
35. Paleontologist's find at the dig
36. _' to go (Eager)
37. Soaks
38. Strange
39. Perfected
40. Touch of colour
41. Empresses in Russia, once
43. Farmlands
44. Holidayer's 'home'
45. Pay attention to
46. Canadians who co-discovered insulin in 1921: 3 wds.
53. Wearable souvenirs from Disney: 2 wds.
54. Thom of Radiohead
55. Tweak
56. _ flute
57. Food fan
58. Lips glistener
59. Vessel's stern
60. Ms. Barrymore's

DOWN
1. Cauldron's content
2. Actor, Zachary _
3. White House's _ Office
4. A headboard is part of one
5. Super sanitary brand
6. Mark
7. Tea type, _ Grey
8. "Take _ 'A' Train" by Duke Ellington and His Famous Orchestra
9. Packaged food sweetener
10. Embrocate
11. Detergent
12. Roman road
13. Albany is its cap.
19. Steve _ aka 'The Six Million Dollar Man'
21. _-defined
24. Monastery boss
25. Trudges
26. Bamboo eater
27. "_ hoping!" (Dreamer's exclamation)
28. Reeking
29. 'Fraud' finisher
30. Abercrombie & _
31. Protests in the prison, perhaps
33. "Hulk" (2003) star Eric
36. '60s songstress Ms. Spector
37. Swine sort: 2 wds.
39. Clue givers
40. Like psychedelic-style T-shirts
42. Washes
43. British band, _ Years After
45. Blue Rodeo's "_ Hit Me Yet"
46. Beetle variety, _ weevil
47. Prefix to 'biography'
48. Wine valley of California
49. Tennis great Steffi
50. Art Deco designer
51. Distort
52. Ms. Hatcher's, for short
53. National Geographic, e.g.

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Today your primary concern is about practical matters, especially related to politics, religion and racial issues. It's also a good day to make future travel plans.

Taurus April 21 - May 21
Research of any kind will go well today, because you are focused and will pay attention to detail. You won't overlook a thing!

Gemini May 22 - June 21
A discussion with someone older or more experienced will be beneficial for you today. This person might even be a friend.

Cancer June 22 - July 23
This is the day to ask for something from a parent or a boss, because he or she will respect what you say. You sound like you know what you're talking about, and you've done your homework.

Leo July 24 - Aug. 23
Any kind of study will go well today because you have the patience necessary for focusing on learning.

Virgo Aug. 24 - Sept. 23
This is an excellent day for important discussions pertaining to inheritances, wills, taxes and shared property, because nothing will be overlooked. Everyone will pay attention to the smallest detail.

Libra Sept. 24 - Oct. 23
Discussions with partners and close friends will be serious today. People are not in a frivolous mood. However, their efforts will yield productive results.

Scorpio Oct. 24 - Nov. 22
At work today, you will be hands-on and willing to do routine work, because you know it has to get done. Discussions with someone older will be helpful to you.

Sagittarius Nov. 23 - Dec. 21
This is a good day for teaching young people something, because people are in a serious frame of mind. They're also willing to practice sports or the arts.

Capricorn Dec. 22 - Jan. 20
It will be easy to tackle home repairs today, because people are eager to do this. This is the kind of day where you want practical results for your efforts.

Aquarius Jan. 21 - Feb. 19
Because you're in a sensible frame of mind, you can accomplish a lot today. Discussions with neighbors, relatives and siblings will likewise be serious

Pisces
Feb. 20 - March 20
If out shopping today, you will only be interested in buying long-lasting, practical items. No feather boas for you!

CONCEPTIS SUDOKU by Dave Green

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